

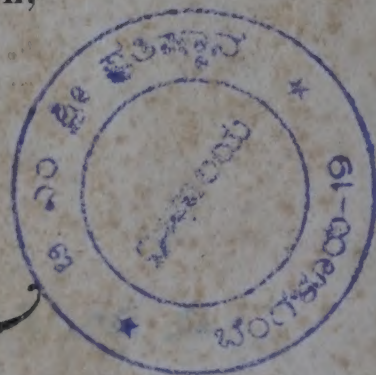
Queries in Sex

BY

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The Sex Organs, Control Over Birth,
Hidden Side of Sexual Science,
Sterility, Self-pollution,
Virility, etc. etc.



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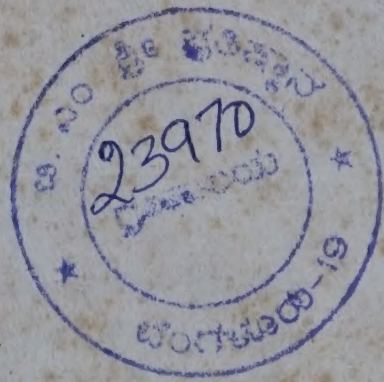
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PREFACE.

In response to my invitation to all my readers to consult me unhesitatingly on all such sex problems as had not been dealt with in my books I had been daily receiving quite a large number of queries from men of all stations of life. This correspondence has proved to be of immense use to me in a number of ways. Firstly it has shown me beyond a doubt that my countrymen are highly deficient in sex knowledge since most of the queries were of too elementary a nature to emanate from people who had received university education. Secondly it has acquainted me with the requirements of the people in the exercise of their sexual powers. Thirdly and lastly it has given me a greater insight into the sexual life of the masses than I could ever have otherwise.

Since no new queries are now forthcoming it appears that the fund of the same has been exhausted. In order to give my

readers the full benefit of this correspondence I have embodied all these queries, along with my replies to them, in this book which, I am confident, would fulfil a long-felt want.

It does not mean, however, that no queries can arise beyond what has been given in the coming pages. The subject of sex is so vast that the present book hardly forms an iota of it, but for all practical purposes this little book would serve as a useful guide.

The readers should freely put to me any such question on sex problems as are not included in the present volume so that the same may find a place in the next edition of it.

H. S. GAMBERS.

Queries in Sex

Q. 1. Are you not causing a great harm to mother India by writing sex books and circulating them among the young people of the country ?

Ans. In no way have I started a new propaganda. There was a time in India, many centuries ago, when sex knowledge was considered an important acquisition and every one knew enough of it. Indeed, no young man or woman was allowed to marry unless he or she well understood the manifold duties of married life. Unfortunately this knowledge ebbed away along with our knowledge of many other sciences and the consequence of it is too apparent to demand any mention. With as pure a motive as any can be I am simply trying to revive that sex knowledge which undoubtedly forms one of the vital problems of living and a young man may come to harm-often the gravest harm, through an ignorance of this knowledge and never through its attainment from the right source.

Q. 2. What should be the size of the penis in a normally-built youngman ?

Ans. The individual and racial variations in the shape and size of the penis are numerous. In India the usual length of the male organ of a youngman, who was given to no malpractices during adolescence, is three inches to three and a half in the dormant condition of the organ and its diameter about an inch. Under the action of cold the penis may shrink down to something like two inches or even less in length and a little above half an inch in diameter, but this diminution in size should not cause the least anxiety inasmuch as the contraction of the organ under the action of cold is but a natural phenomenon and is indicative of the fact that the nerves of the sexual region are responsive to cold and heat and should therefore be considered healthy.

In its excited condition, the length of the organ in a youngman, who has led a comparatively pure life, is nearly six inches though in rare cases it reaches to

seven which is the maximum for our country. Unfortunately the male organ is far below this size in most of our young-men due to the wide prevalence of masturbation, which is not infrequently commenced at a tender age and which undoubtedly has a deteriorating effect upon the physical development of the male organ. Thus it is not unusual to find the erect penis of a man only four inches long and even three, a really unfortunate state of affairs as regards the performance of the sexual function.

Sometimes the small size of the male organ is mainly inherited but, in all such instances, the length usually varies from four inches to five and never comes down to three.

The diameter of the penis is, in no way, proportionate to the length for the two chief varieties of penis that are met with in different individuals and different races are short and thick, and long and thin.

Q. 3. Are there any methods to increase the size of the penis if it is below

normal ?

Ans. When the smallness of the organ is congenital it is not usual to do anything for an appreciable improvement in its size is not expected. When, however, the shortness of the male organ is acquired either through excessive masturbation or other malpractices, something may be done to bring back the organ to its originally normal size. For this purpose, a number of fat, oils and liniments have been recommended by the Ayurveda and the Greel system of medicine for external use while an instrument has also been devised by the modern scientists. The underlying principle in the use of these oils or liniments, or the instrument, is the frequent production of a state of hyperæmia (accumulation of blood at a high pressure) in the male organ. A detailed account of all these methods along with prescriptions of various oils and liniments, is given in my book "The Sex Organs."

Q. 4. Are there any internal medicines or foods by the use of which the

male organ may increase in size ?

Ans. Apart from the fact that a nutritive diet tends to improve the general muscular condition of the body and thereby a slight improvement in the size of the penis may also take place, I know of no medicines or foods that can increase the size of the male organ to any great extent. Stories about Nawabs and Rajas developing their male organs indefinitely by the use of foods or internal medicine, must be counted as folk-lore.

Q. 5. Should a small penis be considered unfit for the right performance of the act of coitus ?

Ans. By no means unless the organ is unusually small. A length of from four to five inches can serve the purpose tolerably well. The gratification of the women in the act of coitus depends, to a small extent, upon the size of the male organ and largely upon other actions on the part of the male. These actions have been described in detail in my book "The Hidden Side of Sexual Science."

Q. 6. Can a small penis be a source of sterility on the side of the man ?

The idea that the smallness of the penis may be responsible for the non-occurrence of the desired pregnancy in the wife is wrong. Apart from the fact that the depth of the vagina being small, the cervix is generally accessible to the glans, and apart from the fact that the fertilising fluid in the male is ejected out in a stream very forcibly so that it would flood the cervix even if the glans be a little away from the latter, the mere discharge of the semen in any part of the vagina is sufficient for the purpose of conjugation. So that the cause of sterility in a married couple should better be sought elsewhere than in the smallness of the male organ.

Q. 7. If the penis of the husband be too small for the vagina of the wife, can you suggest any methods to make up the deficiency of the former ?

Ans. In my book "The Hidden Side of Sexual Science" I have recommended the introduction of a piece of soft sponge into

the vagina of the wife before copulation and this is the only method that can be applicable in all such cases. Recourse may also be had to the contraction of the vagina by local applications which will be duly considered in the course of this book.

Q. 8. What should be done if the penis of the husband is so long as to cause pain to the wife at each act of coitus ?

Ans. In all these cases of ill-adaptation of the sexual organs in which the male organ is too long for the vagina, a slight change of position would remove the trouble admirably. Thus, instead of adopting the man-superior position recourse may be had to the woman-superior or sexual union may be had while the man lies on his left side and the woman on her right. The latter position has been described in detail in 'The Hidden Side of Sexual Science.'

Q. 9. If the penis of the husband is longer than the normal, can it cause any harm to the wife ?

Ans. If the act of copulation be conducted rashly without any regard for the

feelings of the wife, it may be a source of great harm to the woman. There may take place a displacement of uterus or rupture of the vaginal walls or lacerations of both all of which conditions are productive of serious troubles. A long penis may also be a source of sterility in the married couple for, besides the troubles above narrated, the semen can have very little chance of being placed directly in the uterus.

Q. 10. If the male organ gets curved to a more or less extent as a result of masturbation, can anything be done to bring it back to its normal shape ?

Ans. If the curvature is only slight there is hardly any necessity to do anything for, in married life, when the sexual function runs a normal course, it would disappear of itself in due course of time. But if the curvature be very pronounced recourse may be had to any of those methods that have been recommended for increasing the size of the male organ and which may be studied in "The Sex Organs". The same treatment also holds good when the root

of the male organ becomes thinner than its front part.

Q. 11. What is your opinion about the constant use of *Langot* (a long piece of cloth about four inches in breadth tightly worn over the genital organs) ?

Ans. In view of the rule " Every organ of the body develops and becomes healthier by proper exercise and *vice versa* ", I should say that the constant use of the *langot* would exert a deteriorating influence upon the physical development of the male organ since it entails a prolonged disuse of the organ and even hinders the free circulation of blood to this part of the body. The idea, so prevalent among the masses, that the use of a *langot* protects a young man from night pollutions is wrong for hundreds of young men have informed me that, inspite of their wearing a *langot* at night time, they suffer terribly from night pollutions. On the other hand we find that the male organs in sadhus, who put on a *langot* very tightly all the time, are small and shrunken.

The chief advantage of wearing a *langot* is that it does not allow the testicles to hang down loosely in the scrotum and thereby protects the man against varicocele. If the *langot* is worn rather loosely, and not too tightly, it is, in no way, a bad form of underwear.

Q. 11. What are the advantages of getting circumcised ?

Ans. The subject of circumcision has been discussed at length in "The Sex Organs ;" still I give below a few of its advantages :—

1. Circumcision facilitates the removal of those rancid secretions that so frequently get deposited upon the glans penis or just below the corona.
2. It is a safeguard against phimosis, paraphimosis or adhesion which are always due to a narrow prepuce.
3. By doing away with a long and narrow prepuce, circumcision enables the glans penis to grow as much as it would.

4. The glans penis being naked all the time gets hardened and thereby adds to the retentive power of the man.
5. On account of the facilities afforded by circumcision towards the maintenance of cleanliness, a circumcised man has less chances to catch venereal infection than the uncircumcised.

Q. 12. Is it necessary for a man to get circumcised?

Ans. It all depends upon the condition of the prepuce which is never of the same length or calibre in different individuals. If the prepuce is narrow and long, if it impedes in any way the free passage of urine or semen, or if it does not pass over the glans penis easily, it must be removed by a surgical operation known as circumcision. But if none of the above difficulties is presented, there is absolutely no need of undergoing the operation.

Q. 13. If circumcision is not performed in early childhood, can a grown-up man

undergo the operation without any great trouble or risk?

Ans. The operation of circumcision is so simple and easy that it need not arouse the least anxiety in the mind of anybody. The age of the person to be operated is quite immaterial though the earlier the operation is performed in life the better for in the latter case the glans penis would have become hardened by the time the person acquires puberty. If all antiseptic precautions are keenly observed, the wound heals up within a very few days. When a grown-up man undergoes circumcision, the only trouble he experiences, after the wound has healed up, that the naked glans is too sensitive to touch anything and by chafing against the trousers may produce an uneasy sensation exactly like that which precedes an ejaculation. But this can be remedied by wrapping up the glans with a very soft piece of muslin and exposing it by degrees.

Q. 14. What is the angle that an erect penis of a healthy young man should make

with the pubic region ?

Ans. The erect penis should make equal angles with the pubic region on the right and the left while the verticle angle with the pubic region is acute towards the abdomen and obtuse towards the anus.

Q. 15. Is there any harm in giving a cold wash to the penis every morning ?

Ans. A cold wash given to the genital organs, and especially the glans, every morning, instead of being harmful, is highly beneficial. Apart from the fact that dirty secretions, that are a source of irritation and desire to masturbate, are removed thereby, the cold water has a soothing influence upon the nerves that control the sexual function. It is, in a way, similar to a cold sitz bath and an easy method of subsiding lust and passion. On the same grounds, the habit of swimming daily in cold water is recommended to *Brahmacharyas*.

Q. 16 Is the penis of the dog different in structure from that of the man that it cannot be drawn out of the vulva during

the act of copulation ?

Ans. While the glans penis in the man is made up of a sponge-like tissue and is therefore soft, the glans in the dog is cartilaginous. When congested with blood it becomes too hard to be drawn out of the vagina without tearing the vulva.

Note.—Cartilage is an elastic tissue that is much harder than muscular tissue but softer than bone. The outer ear is made up of this tissue covered by skin.

Q. 17. How do you account for the great variations in the retentive power of different animals for instance the horse and the dog ?

Ans. The nature of the seminal vesicles, which are depositories of semen, is different in different animals. While in some animals they discharge their contents all at once on a slight sexual stimulation, in others they pour out their contents very slowly so that a complete discharge takes something like half an hour or even longer. This accounts for the great difference of retentive power in different animals.

Q. 18. Why do people attach so much importance to the testes in man?

Ans. The testes in man are not only concerned with the production of the spermatozoa— the fertilising elements and the chief constituent of male semen, but they elaborate the internal secretions on which depends the appearance of all secondary sexual characters in man. Thus, if testes be absent in a man, he would not only be impotent, but would look much like a woman. The beard, the desire for the opposite sex and all those qualities that go to make up a man, would be absent. This subject has been discussed at length in “The Sex Organs”.

Q. 19. Does virility depend, in any way, upon the size of the testes?

Ans. Although passionate men have usually been found to possess big testes, yet the size of these organs is, in no way, indicative of the powers of manhood in a person. The only thing is that their size should not be considerably below the normal in which case they indicate a lower

degree of manly powers.

Q. 20. How does the removal of testes in a grown-up man affect his sexual powers?

Ans. The idea that erection of the penis in man is present only so long as the testes are present is wrong. If a grown-up man be castrated *i. e.* his testes be entirely removed surgically, he would retain his erectile powers for some years though he has been rendered totally sterile by the operation. If he now has copulation, his ejaculate would consist of the secretions of the prostate and the seminal vesicles with no spermatozoa. As time passes on, his sexual powers would diminish until after a lapse of from five to ten years they would completely ebb away. On account of the absence of internal secretions, a change for the worse would also take place in his secondary sexual characters.

Q. 21. Some people are in the habit of taking boiled testes of the goat which they suppose improve the virile powers. Is this form of food really helpful in build-

ing up manly powers ?

Ans. Apart from the fact that the boiled testes, being a very rich article of diet, may improve the general muscular condition of the body and thereby a slight improvement in sexual powers may also be experienced, I do not think that boiled testes can be of any therapeutic value in the treatment of lowered manhood. Even testicular extract which represents the nutritive value of these organs in a very concentrated form has been found to possess no therapeutic value.

Q. 22. Why are certain animals like bulls, horse etc, castrated ?

Ans. During the period of heat these animals get too mischievous to do the work for which they are intended. Hence their testes are removed while they are still young so that the recurrence of the heat period may be entirely stopped and the animals in question may remain docile.

Q. 23. It is heard that if a man accidentally loses his testicles the same can be implanted again either from some other

man or animal so that the former does not suffer from a loss of manly powers. Is it true and if testes from an animal are implanted in a man what sort of issue would the latter produce ?

Ans. Implantation of testes has been tried successfully in hundreds of cases. In fact, this mode of operation has become a means of rejuvenation for if the testes of an old man be replaced by those of a young one, the former person would experience new vigour and virility and if he be impotent from old age, he would once more recover his manly powers.

If the testes of man be replaced by those of an animal, which is not done usually, the man, though retaining his sexual powers, would not be able to impregnate a woman and thus it is useless to prophecy the kind of creature that may result from a union of such a man with a normal woman.

Q. 24. Besides the penis and the testes, are there any other organs inside the body that form a part of the sexual appa-

ratus in man ?

Ans. Besides the penis and the testes, there are three other glands that are vitally concerned with the sexual machinery in man. These are the prostate, the Cowper's glands and the seminal vesicles. Each of these glands elaborates its own secretion and a combination of all these along with the spermatozoa coming from the testes forms the semen. For a lengthy description of these glands see "The Sex Organs"

Q. 25. What is the special purpose that the pubic hair serves in man and woman ? Should it be removed or not ?

Ans. So far the exact function of the pubic hair has not been determined. It is, however, supposed that this hair is intended to protect the skin from direct friction during the act of copulation. In the case of the woman, it is considered that the pubic hair is intended to protect the genital parts from perspiration that would otherwise run down into them which explanation appears to be satisfactory.

The preservation or removal of the

pubic hair is a matter of custom or convenience and has no physiological bearing upon the body. In Europe, the pubic as well as the axillary hair is never removed while a contrary custom prevails in the oriental countries. Perhaps the warm climate of the latter is responsible for the custom prevailing in these parts.

Q. 26. How is the semen manufactured in the human body ?

Ans. As has already been mentioned, the male semen consists of a number of quite different constituents each one of which comes from a special gland. Every gland in the body contains cells (peculiar to it) whose function is to produce its special secretion. The material for manufacturing the secretion is obtained from the blood while it courses through the gland. Thus we see that the semen is extracted out of the blood through the agency of certain cells.

The spermatozoa, which being the fertilising elements are considered the most important constituent of semen, come

directly from the testes. They are produced in great numbers by the division and subdivision of the parent cells which are inherited by the male child from its very birth.

Q. 27. What is the quantity of semen discharged at a single time by a healthy young man of normal build.

Ans. It is a matter of some difficulty to give a correct estimate of the quantity of semen emitted by a man at one time. Different observers even have calculated the quantity differently. This difference is partly due to the fact that the quantity is liable to vary in the same person according to circumstances and especially with regard to the frequency or rarity of sexual indulgence, and the interval that has elapsed since a previous emission at the time the examination is made.

On the whole it appears probable that the average quantity discharged by a healthy man under normal conditions is somewhere between one and two drachms. But it also seems probable that the quality of

the food taken, the degree of sexual excitement, and the intensity of orgasm at the time may have something to do with the quantity of semen ejaculated. When the sexual act is repeated at too frequent intervals, the quantity gradually becomes less and less, until only a few drops or even nothing at all may be emitted.

Q. 28. Can there be any truth in the cant saying that the male semen comes directly from the brain ?

Ans. In order to impress upon the mind of the young the importance of the seminal fluid and the great necessity of preserving it, the wise people of olden days established this relation of seminal fluid with the brain which means nothing more than that the semen is as important to man as is the brain or that disorders of the brain are likely to set in if semen is wasted heedlessly.

Q. 29. Does the semen really become thin if seminal discharges occur at too frequent intervals ?

Ans. Undoubtedly. If the different

sexual glands that are concerned with the manufacture of different constituents of semen are forced to work at pressure on account of frequent sexual sensations, they become weak and irritated as a result of which they begin to produce secretions of an inferior quality which are also discharged quickly on a slight irritation. This accounts for the low retentive power in persons who are very intemperate in the exercise of the sexual function.

Q. 30. If semen has become vitiated either through malpractices or intemperance, what is the best way of improving its quality ?

Ans. In the first place, the sexual organs that had previously been overtaxed, must be given complete rest for some months. This can be done not only by refraining from all those actions that constitute a voluntary discharge of semen but all sexual ideas since the latter are very likely to react upon the sexual centres during sleep and cause an involuntary discharge during sleep. The next thing to do is to improve the quality of blood. This

can best be done by keeping in the open air, deep breathing, light exercise, and taking a simple non-stimulating diet. All foods that contain any acid, all kinds of spices, too much sugar and even too rich a food ought to be strictly avoided. Vegetables and sweet fruits should form a major portion of diet. Measures should also be taken to ensure a regular movement of the bowels. Such foods as are likely to strengthen the semen should be given preference over others. If all these measures are taken conjointly there is no reason why the quality of semen should not improve within a reasonable limit. Have faith and perseverance and everything would go well with you.

Q. 31. If the semen be taken by mouth directly it is discharged, can it give back the same amount of strength that was lost through its discharge ?

Ans. By no means. If a man loses a pint of blood he cannot make up the loss by taking a pint of blood from an animal. And in the case of the seminal discharge,

it is no so much the loss of semen that counts but the expenditure of the nervous energy the regaining of which takes a lot of time.

Q. 32. You somewhere mentioned in your books that if a finger be inserted in the vagina, the tip of the finger would touch the cervix which means that vagina is only three to four inches deep. How is it then able to accommodate an erect penis that is something like six inches in length ?

Ans. The actual length of the vaginal canal is six to seven inches but the walls of the canal lie in folds so that, if the canal is not stretched, it is only 3 to 4 inches deep. In this respect, the vaginal canal may be compared with a pair of bellows which when folded up occupy a small space but when stretched out expand to many times their previous dimensions. This structure of the vagina shows the great providence of nature in shaping the human body. On one hand the vagina can accommodate a penis of varying length, on the other it affords an

opportunity to the glans of the male organ to touch the cervix even if the former is as small as only four inches long.

Q. 33. Is there any difference in the shape and size of the external and internal genitals of different women?

Ans. Just as there are slight differences in the formation of the genitals in different men similarly there are differences in the formation of the parts in women. And racial variations in these parts are considerable. Thus the length of the clitoris, labia majora, labia minora and vagina are all slightly different in different women of the same race and considerably different in women of different races. For example, the clitoris and nymphae that are so small in women of our country are amazingly big in the negresses. Likewise, the vagina in the Arab and negresses is well-known for its great depth. The uterus in the Jewish women is so big as to necessitate the manufacture of special-sized check pessaries for these women. Similar variations exist in the case of the mammary glands and the

pubic hair.

Q. 34. If, on account of frequent childbirths, the vagina of the wife has become too roomy for the penis of the husband, can anything be done towards the constriction of it?

Ans. Yes. I give below an extract from my book "The Sex Organs" bearing on the subject:—

"The methods of constricting a too roomy vagina have been known and practised in all parts of the world. The most common chemical employed for this purpose is alum. When a woman is given vaginal douches of alum lotion for the purpose of birth-control, her vagina contracts invariably much to the satisfaction of her husband who thinks he has made a new discovery.

But alum has been known for its astringent properties from times immemorial and the special purpose it may serve in married life. The following recipe, given in an old manuscript, has given admirable results.

Powdered gallnuts	... 2 parts.
Powdered catechu	... 2 parts.
Alum	... 1 part.

Mix together and apply the powder well to the vaginal walls where it should be left undisturbed for 12 hours. Afterwards clean the parts with warm water.

In place of this we may have recourse to the following ;—

Brandy	... 3 parts.
Powered gallnuts	... 2 parts.

Mix the two well and apply the thick solution thoroughly to the vaginal walls with the finger. Clean the parts after an hour.

Q. 35. Is there any truth in the statement “Much can be known about the sexual life of a woman from the nature of her Pubic hair”.

Ans. There is undoubtedly some truth in the above statement. Thick and profuse pubic hair in women signifies strongly developed sexual passion. This fact has been recognised universally. Besides this, the pubic hair in virgins is curly and runs in twists. If this hair, instead of being in its

usual form, is straight, it denotes the habit of masturbation.

Q. 36. Is there any harm in having copulation with a girl in whom menstruation has not appeared?

Ans. The sexual organs in a girl, who has not seen menstruation, are in an infantile condition since it is only an year or two after the appearance of menstruation that the organs undergo any marked development. The vagina, and its opening, in such a girl are too small to admit an erect penis. If intercourse is forced upon such a girl it is nothing short of brutality and the consequences of it may be so grave as to mar the health and happiness of the girl for the rest of her life.

Q. 37. Should marital relations cease with the wife when she has passed the menopause?

Note—Menopause is also known as the ‘change’ of life when menstruation ceases to appear and the period of fecundity comes to an end.

Ans. Menopause in a woman usually occurs at the age of 45—the time when her

husband is also on other side of fifty. This period is termed the decline of life and if, from this time on, the pair observe complete sexual rest, it would add to their health, strength and life. But if the sexual passion is still strong, and both the husband and the wife like it, there is absolutely no harm in having sexual unions occasionally.

Q. 38. Is impregnation perfectly impossible in a woman who has passed through the change of life ?

Ans. Ordinarily a woman does not conceive after she has passed through the menopause but there cannot be a cent per cent guarantee to this. Stray cases of women becoming pregnant even after the change of life are recorded in the medical literature. For the sake of interest, I quote below a case of this nature from 'Dawson':

“Early in March 1904 I attended Miss E. C. aged 50. She had passed “the change,” and had seen nothing for just two years. Meeting her former lover once again after many years’ absence, and, deeming herself safe

from the possibility of pregnancy, she ran the risk, and was duly delivered by me of a living healthy male illegitimate child, nearly three years after having ceased to menstruate. Menstruation did not reapper.

Q. 39. If coitus is painful to the woman, what measures should be taken to bring about relief ?

Ans. Coitus can be painful to the woman from one or more of the following causes :—

1. Adoption of an unsuitable position for the sexual union.
2. Ill-matched sexual organs *i. e.* the penis being too long for the vagina of the wife.
3. Ulceration of the vagina.
4. Displacement of the uterus.
5. Inflammation of the uterus.
6. Absence of the precoital fluid in the woman.
7. A high degree of sensibility in the

woman or nervous dread of the act of coitus.

If the real cause of the trouble in a particular case be traced, the removal of that cause by mechanical, medicinal or suggestive measures would act as a relief.

Q. 40. Does the man experience any trouble or difficulty in effecting the first sexual union with his wife ?

Ans. If the man is wholly ignorant of sexual matters, he would not only experience varying amount of trouble in effecting the sexual union on the first occasion, but he may totally fail to effect it at all on the first or even a number of subsequent occasions. Apart from the fact that such a man would not know what position to adopt or how to manage the whole affair, the vulva in the virgins has an additional part called the hymen or maiden head. This membrane is grown fast to the lower part of the clitoris and to the inside surface of the smaller lips, and it covers so much of the vaginal opening that it is practically impossible for the erect penis to enter the

vagina so long as it is present. Often this membrane is tough and strong and a considerable force is required to rupture it. This membrane may resist very many attempts of the husband to effect penetration.

Again, the precoital fluid that is intended by nature to lubricate the parts of the woman for the easy entry of the penis is usually absent in the young girls on their first bridal night on account of the absence of sexual feelings. This is another drawback in the consummation of the act.

Or again, the man, if not circumcised, may have a long and a narrow prepuce which either cannot pass over the glans or causes a lot of pain in doing so.

Besides the above, the novelty of the situation and the high degree of sexual excitement may cause the man to have a premature ejaculation.

For all these reasons, it is not too much to expect some trouble in consummating the first physical relation with the wife.

Q. 41. Do you recommend the lubrication of parts in sexual union ?

Ans. Considering the fact that nature has provided the male and the female parts with lubricating fluids, it does not seem desirable to employ any foreign body for the purpose. But if the sexual act be productive of more or less pain either to the man or his partener then it becomes necessary to lubricate the parts with some greasy matter. Olive oil, glycerine or vaseline may be used for the purpose.

Q. 41. What are the causes of uterine displacement that are the source of so much misery to the women ?

Ans. Briefly stated, uterine displacements may arise from one or more of the following causes :

1. A congenitally weak and flabby condition of the muscles of the body and especially those of the abdomen.
2. Sedentary habits.
3. Gluttony.

4. Tendency towards habitual constipation.
5. Wearing of tight clothes round the abdomen.
6. Lifting heavy weights.
7. Jumping and running when the body is not accustomed to these forms of exercise.
8. Getting up too soon after childbirth.

Q. 43. At what age does an average Indian girl become fit for marriage?

Ans. In view of the fact that menstruation in Indian girls usually appears at the age of twelve, and her sexual organs take some years after the appearance of menses to undergo full development, a girl of our country is not fitted to play the part of a woman before the age of sixteen, nor indeed fitted to become a mother before the age of eighteen. The idea, prevalent among the Hindu community, that the appearance of menses is an indication of womanhood and that a girl must be married sometime before or immediately after her

first menstruation, has done a great injury to the community. When girls are married at a tender age when the different parts of their body are not fully developed, it is foolish to expect strong and healthy children from them.

Q. 44. What is the cause of menstruation in women ?

Ans. The ovaries of an adult woman manufacture the ova of which one is discharged every month. The uterus lies in wait for this ovum and in order to be able to give better protection to it, it builds up every month a nidus of mucous membrane. If the ovum, received from the ovary, does not get impregnated, the nidus of the mucous membrane is of no use to the uterus. Consequently it degenerates. and its rupture causes a more or less profuse flow of blood known as menstruation.

Q. 45. What quantity of blood should a healthy woman discharge on each monthly period ?

Ans. The quantity of blood lost by a woman on each occasion of her periodic

sickness varies considerably according to climate. In tropical countries the average is estimated at 20 fluid ounces while in Europe and other cold countries it is only 8 fluid ounces or even less. In the farthest north of Russia and Canada where winter is extremely severe, menstruation would not appear for months together in the cold season. The amount of blood also depends upon the temperament, the constitution, and the occupation of the woman.

Q. 45. Does the menstrual discharge consist of pure blood as is found in the whole body ?

Ans. The catamenial discharge does not consist of pure blood as it is devoid of fibrinous matter and never clots like blood. It is, moreover, mixed with a more or less amount of mucous which gives it a sticky character. The smell is also characteristic.

Q. 47. For how many days does a healthy woman menstruate on each occasion ?

Ans. The duration of each period is different in different women, Why it is so

has not been explained so far. The mean duration, which should also be considered normal, is from four to five days and when once a duration has been established it should remain unchanged till the change of life. Menstruation lasting more than eight days should be considered abnormal.

Q. 48. What should be the interval between two consecutive periods of menstruation ?

Ans. Usually menstruation appears every twenty-eight days or once in every lunar month, but there are numbers of women who menstruate differently, say every thirty days or every three weeks. As long as the interval between any two periods is always the same, the function is said to be regular for a habitually long or short interval does not affect the health of the woman either way. Why there should exist a relation between the menstrual interval and the lunar month we do not know. Hindu writers have pointed out the effect of the different phases of moon upon the sexual life of the woman, but the influence

is not exactly the same in every woman, or else all women would be menstruating at the same time which would undoubtedly be a great inconvenience.

Q. 49. What precautions should a woman observe during the period of her menstrual flow?

Ans. 1. She should take plain and light food in a moderate quantity as the onset of indigestion is likely to have an adverse effect on the catamenial flow.

2. She should, on no account, wash her genitals with cold water or have a cold bath which may at once arrest the menstruation with most injurious results. Hot baths are highly desirable as, besides having a generally soothing influence, they tend to establish the flow of blood.

3. For a similar reason, she should avoid cold foods and cold drinks like ice creams and iced sherbets and she should not put on wet clothes or keep in a cold damp room.

4. She should avoid having a very gay time as mental excitement may suppress

the menses with congestion of the head and other minor disorders.

5. Likewise, a fit of anger, grief and mental worry are likely to arrest the catamenial flow with injurious results.

6. The napkin employed by her should be scrupulously clean and this should be changed at frequent intervals.

7. Her dress should be clean, loose and highly comfortable.

8. Lastly but not leastly, she should keep in fresh open air and take light exercise regularly.

Q. 50. What are the causes of leucorrhœa in women ? What are its probable dangers and how can it be remedied ?

Ans. Leucorrhœa, which is characterised by a varying amount of a disagreeable discharge from the genitals, is not a disease in itself, but rather a symptom of disease in one of the genital organs. It may be present in women of every age, in little girls as well as in women who have long since gone through the change of life.

The nature of this discharge varies considerably in different females. Sometimes it consists only of a non-odorous transparent fluid which is nothing else but an excessive secretion of the mucous glands which are present in the mucous membrane of the vaginal canal. This fluid is thin and closely resembles the salivary fluid secreted by the mucous glands in the mouth. In other cases, the discharge is of whitish appearance and then it generally proceeds from the more internally situated genital organs—the vagina or uterus. The chief difference in these two forms is that the discharge in vaginal leucorrhœa is semi-solid and yellowish white in colour while in uterine leucorrhœa the discharge looks much like the white of an egg.

If the discharge is yellow or yellowish green and at the same time malodorous, the leucorrhœa must be considered to be of a severe type. Ten to one it is due to gonorrhœa.

The ordinary types of leucorrhœa, in which the discharge is transparent or whi-

tish, are caused by some sort of irritation in the mucous membrane of the vagina, and the amount and quality of that discharge depend upon the extent and nature of the irritant cause.

Among such irritant causes may be mentioned the street dust and the presence of dirt and accumulated secretion through insufficient cleanliness; excessive sexual intercourse; exposure to cold and wet; frequent and prolonged sexual excitement; wearing pessaries for birth-control or displacement of uterus; displacements of uterus; lacerations and ulcerations of the cervix; acrid discharges from uterus; overwork in the form of long continued standing or too much running of sewing machines; worms from rectum gaining entrance to the vagina; retention of decomposed menstrual fluid; tendency towards habitual constipation; overeating: frequent use of highly seasoned foods containing chillies, acids and spices; immoderate use of tea and coffee; smoking and use of alcohol.

Tracing the cause of the trouble in a

particular case and removing the same would prove to be the best form of treatment. As a help, the patient may resort to a douche consisting of hot water to which some boracic acid has been added (3 grains to an ounce of water works well). The douche may be had morning and evening at a stretch for some weeks.

If the leucorrhœa is of gonorrhœal origin, it should not be treated otherwise than under the supervision of a reliable physician.

Since, in some cases, leucorrhœa is only due to a state of anæmia and general debility, attempts should be made to improve the tone of general health by giving some suitable tonic after consulting a physician.

Leucorrhœa is a common cause of sterility, bloodlessness and general debility. The man having sexual intercourse with a woman suffering from a bad leucorrhœa may suffer from a peculiar disease whose symptoms are much like gonorrhœa. For all these reasons, it is advisable to lose no

time in treating this ailment directly it makes its appearance.

Q. 51. How many days after the commencement of monthly periods should a man hold sexual relation with his wife?

Ans. In view of the great variations in the duration of the menses in different women it is difficult to prescribe a definite period. The Hindu Law-givers have advised abstinence for the first three days which seems to be reasonable.

Q. 52. If a man wears a french letter, is there still any harm in having sexual intercourse with the wife when she is in her periods?

Ans. The man may not come to any harm but is it not the duty of the man to look to the welfare of his partener? During her monthly periods, the private parts of a woman are all congested, and it is highly desirable that they should not be interfered with in any way while they are performing a definite function.

Q. 53. Is pain, in any form and to a more or less extent, a necessary accom-

paniment of menstruation ?

Ans. It is a pity that people have come to consider the occurrence of pain a necessary symptom of menstruation. In fact, normal menstruation should not produce any symptoms of illness except a sense of fullness in the pubic region due to the congestion of the parts otherwise the woman is not normally strong and healthy. Not of speak of other disorders, the woman should not even experience any weakness or physical disability during her periods. If the catamenial flow causes any pain, it should be considered as a menstrual disorder which ought to be treated like any other disease.

Q. 54. How long after a woman has given birth to a child can a man safely have intercourse with her ?

Ans. It all depends upon the physical fitness of the woman. There are numbers of anæmic women on whom parturition work so much havoc as to disable them for marital or household duties for months together. *Per contra*, there are others who

recover their former health and strength in a few weeks and are as fit to receive their husbands as ever. On an average, a woman becomes physically fit for marital relations three or four months after a confinement. but the sexual relations during the lactation period should be few and far between.

Q. 55. Can a woman get impregnated during the lactation period?

Ans. Though the chances for it are very rare indeed, yet a woman can conceive during the lactation period even if the menses have not re-appeared. When, however, menstruation reappears the chances of her becoming pregnant are greatly increased even though she may continue suckling her child. Some women continue suckling the child for an unnecessarily long period thinking that by so doing they are rendered immune against impregnation. This practice, which is known as *hyperlactation*, is harmful not only to the woman but to the child who after the lapse of a year, cannot receive full nourishment from the breasts of her mother. It would be of

some interest to know that the percentage of females who get impregnated before the reappearance of menses is only about ten and of those in whom pregnancy occurs after the appearance of menses but during lactation is about fifty five.

**Q. 56. Do young girls masturbate ?
If so, in what way ?**

Ans. That masturbation is practised by girls after they attain puberty is undeniable, but as to whether masturbation is more common in boys or girls is a difficult question. The clitoris being the chief seat of sexual sensation in woman, the following methods are adopted by them for the purpose of masturbation :—

1. Rubbing of the clitoris with the fingers of the hand, heel of the foot or against anything hard.
2. Thigh friction i. e, rubbing the thighs against each other.
3. Of two girls sleeping together, one may rub her sexual region against the thigh or knee of the other.

4. Sometimes and especially in those who have previously been deflorated, one or two fingers may be inserted into the vagina.
5. Articles resembling a penis in shape may be employed for the purpose.

The subject is a vast one and will be treated fully in one of the volumes of "Studies in the Science of Sex"

Q. 57. Is it desirable that a couple should occupy the same bed at night ?

Ans. The custom in accordance with which the married pair sleep together is a source of great evil. Apart from the fact that the occupation of a single bed by the pair is undesirable on several hygienic grounds, this proximity is likely to arouse the passion frequently and to give rise to the habit of indulging in excessively frequent acts of intercourse. Since the strongest of men does not possess the capacity of indulging in sexual act every night, the excessive indulgence would debilitate an average man in a very short time. On the other hand, the woman, on whom the effect

of this sexual intemperance would be but little, has been accustomed to frequent embraces by her husband. The result is too evident to require any description. For this and other reasons, separate beds are advisable for the married pair, and, when possible, even separate bedrooms.

Q. 58. What are the actions on the part of the man by which the sexual passion in a woman may be greatly aroused and she may precede the man in reaching the climax ?

Ans. The subject has been discussed at length of "The Hidden Side of Sexual Science", still I give below a few hints :—

1. Wooing the woman at a time when she encourages your advances and takes pleasure in them.
2. Repeated caresses and embraces.
3. Kissing and sucking of the cheeks, lips, chin and breasts.
4. Rubbing of the clitoris with the hand and proper handling of the breasts.

5. Exposing the male member long before actual union.
6. Rubbing the glans against the clitoris.
7. Attempt at penetration only when the private parts of the woman are well moist with the precoital fluid.
8. Keeping yourself passive and asking the woman to take an active part in the movement of coitus.
9. To keep the body of the penis hard against the clitoris during the coital movements
10. Brisk movements only at a time when the woman is just near the climax.

Q. 59. What are the causes of frigidity in women? Can this affection be remedied?

Ans. Frigidity in woman, which means the complete or partial lack of desire for the coital act, has been aptly compared with impotence in man. The causes of frigidity, like those of impotence, may be physical, organic or mental. Thus the cli-

toris may be bound down by adhesions or abnormally placed so that it does not get excited during the act of copulation ; or else a wrong position is adopted in the act of intercourse which, therefore, affords no pleasure to the woman.

Sometimes, one or more generative organs may be wanting or remain undeveloped. Thus, the ovaries, uterus or vagina or all of them may preserve an infantile condition long after the woman has passed the age of puberty. When this is the case, nothing can possibly be done to remedy the defect.

In rare cases, the ovaries do not secrete the right kind of internal secretions and then this defect in the organochemical substances is responsible for the frigidity or perversity of the woman. Perhaps this may be remedied by the implantation of a normally functioning ovary in the tissues of the defective ones.

But by far the most common cause of frigidity is a mental one. In this catagory may be placed the continuous worries and

anxieties, grief, fear of pregnancy, absence of any love or regard for the husband or else a wrong teaching from early girlhood which has given her a firm conviction that participation in the sexual act is something degrading and she should take pride in keeping away from it. Prematurity in the husband whereby the sexual act is always a one-sided affair is also a common cause of mental depression and frigidity of the wife. She drift into thinking that the marital act is meant to afford pleasure to the man alone and she need not take any active part in it.

An excessive use of tea, coffee and other stimulants or a too frequent administration of bromides and other depressing drugs as a treatment for headache, have been found to inhibit the brain centres controlling the sex function wherefrom arises the condition of partial or complete frigidity.

The treatment of frigidity consists in the removal of all those causes which directly or indirectly affect the sexual centres.

In the first place, the woman ought to be encouraged to make a thorough study of the subject of sex so that she may realise the wonderful part the sex function has played in the development of the race. She should, moreover, understand that, instead of its being degrading, it is her moral duty to respond to her husband in the legitimate exercise of the sexual function and that by so doing she would not only experience an intense sexual pleasure but would as well improve in health and mind.

On his side, the man should learn a little more of the physical and mental machinery of the woman. He should know that it takes a lot of time for the woman to be ready for the sexual act. If he takes the trouble to arouse her sexual feelings by oft-repeated caresses and embraces, by expressions of love couched in the most tender forms of endearment, by all those physical actions that a married man ought to know, if he does all this and not hurry about the act, there is no reason why frigidity in the woman should not disappear

in a short time.

It may be mentioned in passing that, in some instances, the habit of masturbation, practised frequently and for a long period, is the cause of frigidity in the woman. But such a frigidity is only partial and temporary and when once the relationship of marriage is well established and the sexual function runs a normal course for some time, the frigidity disappears all at once.

Q. 60. Is it right for a husband to have sexual relations with his wife during her pregnancy ?

Ans. Though most of the authorities and law-givers hold against such a practice for the simple reason that such a procedure is not met with among the animals, yet to say the least, the restriction is too stringent to be observed by an average man with our present diet and present mode of living. Moreover, there are many pregnant women who are more than usually passinate during the period of gestation. The reason for such an adverse occurrence is that they

are either happy in their condition or the fear of pregnancy, that was a check in the way of their giving full pay to their sexual desires, is now away. And in fact, on account of the latter reason, a number of females experience complete orgasm only in the pregnant state.

So if the husband and wife eagerly desire each other and both long for sex exercise during the gestation period, it is perfectly right and wise for them to satisfy their wishes.

Of course, they should observe such precaution as the nature of the case requires. The sexual unions should be occasional; they should be entirely stopped when pregnancy has advanced to the sixth month; such a position ought to be adopted as eliminates the possibility of any pressure falling on the abdomen of the woman; and the act of coitus should be conducted in the gentlest possible way with full regard to the feelings of the wife. In no case should a woman allow her husband to approach her when he is drunk or under the influence of any

drug.

Q. 61. What is the cause of sterility in a married pair? Can it be removed?

Ans. Any one or more of the following causes can be responsible for the state of childlessness in a married pair :—

On the part of the man.

1. Azoospermatisim *i.e.* the absence of spermatozoa in the seminal fluid.

2. Aspermatisim *i. e.* inability of the man to discharge the semen in the act of coitus.

3. Epispadias and Hypospadias *i. e.* the location of the meatus at the upper or lower end of the penis instead of its being at the centre as it normally is.

4. An attack of syphilis or gonorrhoea and all those complicated ailments that are a consequence of them.

5. Atrophy of the testicles due to an attack of mumps.

6. Deterioration of the quality of semen. The spermatozoa may be all dead

or too weak to impregnate an ovum.

7. Physical hindrances in the performance of the sexual act among which may be mentioned Phimosis, Paraphimosis, Adhesion, Preputial Calculi, Stricture, Chordee, A large Hernia, Varicocele, and Hydrocele.

8. An abnormally small penis.

9. Impotence.

On the part of the woman.

1. Absence of generative organs or their keeping in an infantile condition even after the attainment of puberty.

2. Imperforate Hymen or a hymen tough and tight which is an obstacle to the penetration of the penis into the vagina.

3. Retroversion or Retroflexion of the uterus.

4. Corpulency in which there occurs a deposition of fat on the mouth of the uterus which blocks up the entrance of the spermatozoa into the interior of the womb.

5. Leucorrhœa.

6. Vesico-vaginal or recto-vaginal fistula.
7. Discharge of an acrid secretion from the uterus.
8. Venereal infection.
9. Miscarriage habit.
10. Flabby condition of the uterus.
11. Anæmia and a lowered condition of general health.
12. Overwork, worry and frequent mental disturbance.

General.

1. Adaption of an unsuitable position for intercourse or rising up too soon or washing the parts immediately after the coital act.
2. Lack of adaptation between the husband and wife.
3. Sterility may also result if a woman, belonging to a hot country, may live in a very cold one or *vice versa*.

Sterility can be remedied if the causes to which it is due are removable.

A more detailed information on the subject may be had by a study of "Sterility, Its Causes and Treatment."

Q. 62. How frequently may coitus be engaged in without being harmful to either party ?

Ans. It all depends upon the state of your health since no limit would prove right for any two men. There are persons, strong in body and highly passionate, who are not a bit worse for having coitus once every night. There are others, men as well as women, so constituted, nervously, or by temperament, that they are obliged to limit the coital act very rigorously. Some men cannot engage in the act more than once or twice in a month and maintain their health. The act draws on their vitality so severely that it quite upsets them, almost on every occasion. Even during the act, they are subjected to nervous shocks and undergo nervous sweats which are highly debilitating. Often, too, they lie awake all night after engaging in the act, and be more or less a wreck

for a day or two afterwards

Likewise, there are women who undergo similar experiences.

It goes without saying that, in all such cases, unusual care should be taken never to reach the point of excess.

The Indian and Greek law-givers were rather too strict in this matter. They would not allow coitus to be engaged in for more than once in week.

Luther advised twice a week. This is not only a very common practice but seems to be a reasonable limit. No absolute rule can be given, however, except for each couple to act as they feel, keeping always within the bounds of common sense and temperance.

There are a few physical and mental conditions that could be relied upon to find as to whether the man was keeping within reasonable limits. They are as follows :—

1. A vigorous erection and a strong desire for intercourse ought to precede the act of courtship rather than the case be

contrariwise.

2. The act of coitus should give intense sexual pleasure to either party.

3. Even after the discharge of semen the penis should maintain its erection though a little less strong. On no occasion should it droop down all at once.

4. The quantity of the seminal fluid discharged ought to be normal.

5. No feeling of exhaustion ought to be experienced on the following morning. On the contrary, the man should feel exhilarated, active and as vigorous as ever.

6. Immediately after the act and on the days following, the brain should be clearer.

7. The sleep that follows the act of copulation should be like the sleep on any other night which one could shake off any time one liked.

8. And finally, all bodily process like digestion, urination, perspiration etc. must remain unaltered.

Q. 63. Is it possible to practise coitus reservatus* for any length of time ?

Ans. Coitus reservatus is perfectly possible to practice for any length of time by those who are well educated in sex matters and otherwise and are of a spiritual nature. It is difficult to practise by those whose passions are all aflame by a simple touch of the opposite sex.

Q. 64. Should the licking of the vulva by the man or of the penis by the woman, which practice has been referred to and even recommended by early sexuologists of India, form a necessary part of the act of coitus ? What useful purpose does such a disgusting practice serve ? Does it actually exist in any part of the world ?

Ans. It has already been pointed out by me elsewhere that a high degree of ero-

* Coitus reservatus consists of a mental and spiritual love embrace in which the lips and the sex organs are fully united together and left in that state as long as the latter are tumescent. Coital movements are entirely refrained from as discharge of semen is not the *desideratum*.

tic sensitiveness is present at all those surfaces where the skin meets the mucous membrane. For this very reason we find the lips and the vulvo-vaginal orifices highly erogenous zones the oral stimulation of which sets up a powerful current of sex desire in the woman. The kiss on the lip is a familiar example of this stimulation and evidently the kiss on the vulva or its licking has been recommended to bring this stimulation to its highest pitch. As to whether the practice is disgusting or otherwise, is a matter of taste in which psychology or reasoning has nothing to do. As regards the origin and existence of this practice, I give below a passage from Ellis bearing on the subject:—

“I do not purpose to discuss here either *cunnilingus* (the apposition of the mouth to the female pudendum) or *fellatio* (the apposition of the mouth to the male organ), the agent in the former case being, in normal heterosexual relationships, a man, in the latter a woman; they are not purely tactile phenomena, but involve various

other physical and psychic elements. *Cunnilingus* was a very familiar manifestation in classic times, as shown by frequent and mostly very contemptuous reference in Aristophanes, Juvenal, and many other Greek and Roman writers; the Greeks regarded it as a Phœnician practice, just as it is now commonly considered French: it tends to be especially prevalent at all periods of high civilization. *Fellatio* has also been equally well known, in both ancient and modern times, especially as practiced by inverted men. It may be accepted that both *cunnilingus* and *fellatio*, as practiced by either sex, are liable to occur among healthy or morbid persons, in heterosexual or homosexual relationships. They have little psychological significance, except to the extent that when practiced to the exclusion of normal sexual relationships they become perversions, and as such tend to be associated with various degenerative conditions, although such associations are not invariable.

The essentially normal character of

fellatio, when occurring as incidents in the process of tumescence, is shown by the fact that they are practiced by many animals, this is the case, for instance, among dogs. Moll points out that not infrequently the bitch, while under the dog, but before intromission, will change her position to lick the dog's penis—apparently from an instinctive impulse to heighten her own and his excitement—and then return to the normal position, while *cunnilingus* is of constant occurrence among animals.

The occurrence of *cunnilingus* as a sexual episode of tumescence among lower human races is well illustrated by a practice of the natives of the Caroline Islands (as recorded by Kubary in his ethnographic study of this people and quoted by Ploss and Bartels. *Das Weib*, vol. i). It is here customary for a man to place a piece of fish between the labia, while he stimulates the latter by his tongue and teeth until under stress of sexual excitement the woman urinates; this is regarded as an indication that the proper moment for intercourse has

arrived. Such a practice rests on physiologically sound facts whatever may be thought of it from an æsthetic standpoint.

The contrast between the normal æsthetic standpoint in this matter and the lover's is well illustrated by the following quotations : Dr. A. B. Holder, in the course of his description of the American Indian *bote*, remarks, concerning *fellatio* : Of all the many varieties of sexual perversion, this, it seems to me, is the most debased that could be conceived of." On the other hand, in a communication from a writer and scholar of high intellectual distinction occurs the statement : " I affirm that, of all sexual acts, *fellatio* is most an affair of imagination and sympathy." It must be pointed out that there is no contradiction in these two statements, and that each is justified, according as we take the point of view of the ordinary or of the impassioned lover eager to give a final proof of his or her devotion. It must be added that from a scientific point of view we are not entitled to take either side."

Q. 65. At what time of the day should a man have sexual unions with his wife ?

Ans. On account of its being considered a shameful and even a disgraceful act, the dark hour of the night has usually been reserved for the act of coitus from the earliest times, and the same practice largely prevails among the modern civilised peoples. Whether the act is performed in the early or later part of the night is a matter of convenience or habit.

The practice of holding sexual unions only at night has been recommended for several reasons. It is the time when the man is usually free from the worries of life; it is the time when the whole house, and indeed the neighbourhood and the town, is at rest and there is no fear of an interruption and no risk of being discovered at the act unawares. And the long sleep, that only the darkness of the night can afford, contributes towards the restoration of the vital fluids, and energy spent in consummating the act.

On the other hand, there are some

strong arguments against the aforesaid practice. Majority of people, men as well as women, have to work rather hard for the whole day in the struggle for existence ; in consequence of this the vitality of both the man and his wife is likely to be at a low point in the evening ; the rooms in which the act is carried on are usually ill-ventilated and stuffy ; the stomach is full and the body fatigued. If coitus is enforced on the woman in such a condition there is no wonder if she does not take any interest in the act and the children that will result from such unions cannot be strong and healthy.

In view of this people have begun to modify their ideas, and many authorities of the modern times are agreed that early morning and the daylight are a more favourable time than the early night. If we would beget children of light sexual intercourse ought to be had in light rather than in the darkness of the night.

Many of the primitive peoples are wiser than we in this respect. Thus, in the New

Guinea and Buru Islands, the men and women being too fatigued at night by the day's labours, have intercourse in the daytime. They retire to the woods in the early morning and have sexual union in the open air under the trees.

It is evidently impracticable to follow the example of these primitive peoples in modern cities. So, in choosing the time and place for sexual intercourse, we should only have regard for the following :—

1. The stomach must not be loaded.
Indeed, it is desirable that intercourse be had at least three hours after meals.
2. The body should not be fatigued.
3. The place should be well-ventilated and, if possible, lighted too.
4. There should be ample time for repose afterwards.

Q. 66. Are there any mechanical methods to prolong the time of intercourse?

Ans. The following methods have been

found helpful in actual practice.

1. Coat some greasy matter, say vaseline, on the male organ just before intercourse in order that the entry may be easy. This elimination of unnecessary friction saves the nerves from premature excitement and helps a lot in lengthening the time of embrace

2. If there is an objection to the use greasy matter on account of its lubrication. the entry should only be made at a time when the female parts are quite wet with the natural lubricating fluid.

3. The wearing of a french letter (which also should be coated over with grease in order to make the union of the parts easy and complete) increases the retentive power to an appreciable degree.

4. The regulation of breath and the contraction of anus as advised in my 'Four Easy Yoga Exercises' has proved highly effective.

Q. 67. In certain Hindu communities it is a practice with both the men and the women to wash their parts with water

immediately after coitus. Can such a procedure be recommended or would it prove injurious to the sexual health of either party in the long run ?

Ans. The idea that leaving the parts unwashed after coitus is something uncleanly and unsanitary, is false and harmful. There is nothing filthy in healthy semen and, for all practical purposes of cleanliness, it is quite enough to clean the parts with a piece of muslin. There is doubtlessly no harm in washing the parts with warm water but, to say the least, it is so difficult to obtain it on all occasions; and to pour cold water on the parts when they are congested with blood is to bring about their atrophy.

Q. 68. What is the duration of retentive power in a healthy young man ?

Ans. Like any other faculty, physical, mental, or moral, the retentive power is different in different individuals. There are some men who have the power of retaining to almost any length of time by the exercise of their will power, and so they can

wait for their wives but the number of such men is unfortunately small. On the other hand, there is a large number of men who possess low retentive power and invariably discharge prior to their wives. This low condition of retentive power, that prevails so largely in the modern civilised times, is either hereditary or due to a highly-sensitive nervous system. Again, much depends upon the way in which the act of coitus is conducted. Whereas in *coitus reservatus*, the union of sexual organs has, in some cases, lasted for some-thing like fifteen hours, in normal method of intercourse the time ranges from a few seconds to about ten minutes. Thus it is well-nigh impossible to give a definite answer to this question.

Q. 69. Should a woman resort to a vaginal douche after coitus with a view to remove the seminal fluid from her internal genitals?

Ans. If the removal of the seminal fluid is for the sake of avoiding an undesirable pregnancy I would say nothing against it but would simply advise the use of warm

water instead of the cold one. But if the douche is taken merely because the woman thinks the seminal fluid to be unclean and filthy, I will say without the least hesitation that the procedure is wholly unnatural. The semen is a most powerful stimulant to all the female sex organs and to the whole body of the woman. If left in contact with it, the vagina would absorb large quantities of this vital fluid, and it is most healthful and beneficial to the woman to have it do so. It is for this reason alone that many women increase in flesh and even grow fat after they are married.

On account of the semen being a powerful nerve-stimulant and nerve-sedative, multitudes of nervous girls, hysterical even, are restored to health when they get married. On the other hand, there are many women who suffer all sorts of ills when the stimulative effects of satisfactory coitus and the absorption of semen are either totally absent or not present in perfection.

It is, therefore, easy to see that ill

health and misery would only result if recourse is had to too frequent douches.

The proper thing for the woman is to go to sleep after the act of coition is over. If she sleeps long, so much the better for so much more will she be benefitted by the presence of the semen and its absorption. When she naturally awakens, she may take a bath preferably with luke-warm water. Even at that time it is not wise to cleanse the vagina and the uterine tract by the use of a vaginal syringe

Q. 70. In the act of coitus, does the woman discharge any fluid resembling the semen discharged by the man ?

Ans. During her sexual excitement, there occurs in the woman first a discharge of the vaginal secretions consisting of a thin mucous coming from the Bartholin's glands and the mucous glands of the vagina. Its purpose is simply to lubricate the parts of the woman in order to facilitate the entry of the penis into the vagina. This discharge corresponds to the precoital fluid in the male which also consists of a thin

alkaline mucous.

At orgasm, the os uteri of the woman discharges a thick alkaline fluid which compared with the quantity of the male semen, is negligibly small in amount. Again, this fluid is sucked back by the uterus instantaneously so that, to all outward appearance, the woman discharges no fluid in the act of coitus.

Q. 71. What foods tend to increase the virile powers and retention ?

Ans. Not to go into details, all foods that are best for the building of health, pure blood and vitality, are also best for increasing virile powers as well as retention. And the foods that are the best for the former purpose are the natural foods. If you only follow nature in the choice of your food and mode of eating, the whole problem is practically solved.

The worst of the bad things about the modern civilisation is that people take a pride in discarding everything that is natural and accepting that which, as they term it, has been refined by hand. Thus, refined flour, refined sugar, polished rice.

pearl barley, salted meats, canned foods. dry fruits and dried milk are preferred to brown bread, jaggery, uncooked vegetables and fresh meats and milk. All the former denatured foods are wholly or partially lacking in all those elements that are most needed by the human body and when such foods are taken for some length of time. the blood, bones and nerves are actually starved of the elements that are indispensable for health and strength. This is one principal reason of the rich people being pale and anæmic and the poor country folk being ruddy and strong.

If people were to be a little less ostentatious in the choice of their food, and were to resort to brown bread, green vegetables cooked and uncooked, and fresh fruit, with a sufficient amount of milk, there is no reason why they should at all suffer from debility physical and sexual. Fresh fruits and green vegetables contain a fair amount of phosphorus, calcium, iron and other mineral salts in their organic form. These are indispensable to our health and we should get

them at all costs. Likewise, milk contains all the necessary mineral salts besides a large amount of proteids which are notable for stimulating seminal secretions.

The following foods are specially useful in stimulating and thickening the seminal secretions and building up the virile stamina;—

Brown bread, oats, grams, barley, milk, cream, butter, eggs, almonds, pistachio, different kinds of nuts, mango, grapes, papiya, banana, peas, beans, pulses, cauliflower, roots of the lotus and lady's fingers.

Q. 71. What foods tend to undermine the sexual powers ?

Ans. All foods that do not yield to the body the elements necessary for its health and development, all food that are constipating, all foods that are too rich to be assimilated by the body, all foods that are acidic, all foods, beverages or drugs that immoderately excite the sexual passion, all drugs that make the sexual centres dull, are deleterious to sexual health and powers of manhood. Among these may be counted :

white bread, denatured foods, lemon juice, tamarind, sour fruits green or dried, nuts taken in large quantities at a time ; spices like chillies, cloves and pepper ; too many sweets ; ærated waters ; tea, coffee, tobacco and alcoholic drinks ; opium, Indian hemp, ganja and other drugs ; bromides and preparations of mercury and arsenic.

Q. 72. How late in life can the sex organs of a man and woman function ?

Ans. Here as elsewhere, the reply can only be that it all depends upon the individual. But this is true, that, as a rule, the status of the individual during the years of active life will persist, even to old age, if the sex-functions are used and not abused. There is no function of the body, however, which will go to pieces quicker, and ever after being a wreck, as will the sex organs, if they are not treated rightly.

This works both ways : If too rigorously held in check, if denied all functioning whatever, the parts will atrophy to the detriment of the whole nature, physical and mental. The body will become dried up.

the sex organs shrivelled, and a corresponding shrinking of the whole man or woman, in all parts of the being is very apt to follow.

On the other hand, an excess of sex functioning will soon deprive the individual of all such power whatsoever. A man will, in his comparatively early life, lose the power of erection, or tumescence entirely, as a result of excess, either by masturbation or from too frequent coitus; and on the part of the woman, many unfortunate conditions are liable to arise. However, for reasons that have already been stated, a woman who is strongly sexed, and of a pronounced amorous nature, can maintain even great excess of sex exercise without suffering such ill results as would befall a man who should so indulge. That is, an excessively passionate wife can far sooner wear the life out of a husband who is only moderately amorous, than can an abnormally passionate husband wear out a moderately amorous wife.

But if the sex nature of the husband

and wife is well cared for during the years of active life, neither too much restrained nor too profusely exercised, the functioning power of sex organs will remain, even to old age, with all their powers intact.

A woman loses the power to conceive when she reaches the turn of life, when her menses cease, that is when she is between forty and fifty years of age. If pleasure in coitus serves only to induce her to engage in the act for the purpose of increasing the probability of her becoming pregnant, if this the sole purpose of desire for sex intercourse, such desire ought to cease at that period of feminine life. But this is by no means the case ! If a wife is a normal woman, sexually, and has neither abused her sex nature nor had it abused or neglected, and is a well woman, she will enjoy coitus as much as when she is three score or so as she did before, although she may not care to engage in the act as frequently as in her younger days. What is true of her is true of her husband, if he is well preserved, as she is, has never abused him-

self or been abused.

This is a reward of virtue that pays a big premium on righteous sex-action in earlier years ! More than all, it is proof, beyond all question, that the purpose of sex in humanity is something more than procreation.

Q. 73. Has the size of the penis anything to do with the occurrence of conception ?

Ans. The length of the penis is undoubtedly one of the chief factors on which depends the rate of child-bearing. Contrary to the common supposition, the man with a small penis is more prolific than his other brother. A long penis, if not well-matched, hurts the uterus and the vaginal walls in each act of coitus and, not unfrequently, causes the inflammation and retroversion of the former which ailment is apt to result in permanent sterility of the wife. On the other hand, a small penis, be it as small as three inches in length, has all possible chances of producing children provided other conditions are all satisfactory.

Q. 74. In the Hindu Shastras, sexual intercourse is prohibited on days when the moon is full or new and also on certain other dates of the lunar month. Can you assign any reason for these prohibitions?

Ans. According to the Hindu books on sexual science the moon exerts a strong influence on the sexual life of a woman and it is supposed that sexual union on the prohibited dates has an adverse influence on the health and life of the man. It is further supposed that if pregnancy were to occur on these dates the child would be a hermaphrodite. The latter theory has been dealt with in my book "Control over Birth". The prohibition in question is based on these and other suppositions of a similar nature but there is no medical evidence to support them.

Q. 75. Can you suggest methods to stop night pollutions entirely?

Ans. Night pollutions at long intervals (say twice or thrice a month) are consistent with health and vigour and when once they have started, it is neither possible nor wise

to stop them. People must not unnecessarily worry themselves about them unless they occur frequently and produce physical exhaustion. Right diet with certain exercises and baths, as described in my book "**How to build up Virility**", will certainly check their frequency. The mechanical method of preventing them is to employ a night pollution ring that awakes the man whenever an emission is about to take place. Baniano-Herbal powder, the prescription of which I have given in one of my books, can be used internally with great advantage.

Q. 76. Considering that the loss of the seminal fluid alone is the sole cause of the physical exhaustion in man in all forms of amorous play, why should masturbation be considered far more harmful than normal intercourse ?

Ans. In the first place it is highly erroneous to suppose that the loss of the seminal fluid alone is responsible for physical exhaustion in man in all forms of amorous play. Does not the woman feel herself exhausted after coitus notwithstanding the

fact that she discharges no seminal fluid in an appreciable quantity ? It is the expenditure of the nervous energy that really counts—and counts much more than the loss of semen in the after-effect of amorous play. Let a lover keep in the company of his sweetheart for some hours fervently kissing and embracing her all the time and thus arousing his passions to a white heat, but abstain from actual physical union that involves the discharge of semen ! After all this amorous play would he find his physical powers the least uneffected because there has been no discharge of semen or would he find himself more debilitated than when matters had been allowed to run a normal course. The answer is obvious.

For a similar reason, masturbation is more debilitating than normal coitus for whereas in the latter the loss of nervous energy is partly made up by an exchange of magnetism between the husband and wife, there is no such happening in the former. Apart from this, the habit is considered to

be particularly dangerous on account of its being commenced at a time when all organs of the body are yet tender and on account of the liability of practising it to a great excess in consequence of its secret nature.

There is yet another reason for considering masturbation more harmful than normal coitus, and that is the physical malformations of the male organ which the habit of self-abuse brings in its train. Curvature, thinning of the root of the penis and small size are all associated with masturbation and these malformations really take a long time to cure.

Q. 77. Does the position in coitus affect the rate of child-bearing in any way? Is there any position by adopting which there may be absolutely no possibility of the woman's becoming pregnant?

Ans. To an appreciable extent. The common position, called "The man-superior position," in which the woman lies supine with her legs apart and raised up, is very favorable to impregnation, for, in this position, the semen can directly lodge in the

uterus. In the "woman superior position" or "sitting posture" the chances for conception are not so great but there is no position that can guarantee absolute safety.

Q. 78. Like the man, does the woman feel a drain upon her physical powers after the act of coitus? If so, how do the prostitutes manage to have coitus performed upon them a number of times every night?

Ans. In the married life, an average woman takes an active part in the coital act and has an orgasm like her husband. This draws out some of her nervous energy in consequence of which she feels exhausted after the act is over and, more often than not, has neither power nor willingness to engage in the act a second time during the same night; and if coition be enforced on her a number of times it leaves her a physical wreck in the morning.

Quite different is the case with the prostitute. She has no warm feelings of love for the man who approaches her and her passions are not aroused when he has

intercourse with her. In other words she has no orgasm and therefore no loss of vital fluids and very little of the nervous energy. Thus she can engage in the sexual act, time and again, and still not have her vitality taxed.

Q. 79. Why do not the prostitutes become pregnant when they are having sexual intercourse so often ?

Ans. The prostitute begins her public life usually at an early age when the chances of her becoming pregnant are but few. Ten to one, she gets an attack of syphilis or gonorrhœa in the very first month of her evil life whereby she is rendered sterile for ever afterwards. Even if a pregnancy were to occur right at the start, the too frequent acts of coitus and the probable onset of venereal diseases would cause an abortion.

Q. 80. How can a man, who visits public women occassionally, protect himself against venereal diseases ?

Ans. The question has been discussed at length in any book "The Prevention of Venereal diseases." The following are a few

of the guiding hints :—

1. The *amateur* or the *private* woman is as much, rather greater, source of infection as the professional one.

2 Before indulging in sexual intercourse, examine the genitals of the woman for any lesions near the vulva or just inside the vaginal opening. If such are present, give her up.

3. Use a french letter on each occasion. Do not accept it from the prostitute as it may be infected.

4. Coat some greasy matter over the male organ. Calomal ointment serves this purpose admirably well.

5. Do not prolong the coital act unnecessarily.

6. Do not kiss the prostitute on the lips.

7. Urinate immediately after the intercourse. Better wash your glans penis with your urine.

8. Wash the penis, scrotum and the adjoining region with warm water and soap

